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Securities and Exchange Commission
Office Of the International Corporate Finance
Room 3094 STOP 3-6
450 Fifth Street N.W.
Washington DC 20549
USA

Ext: 020 7695 6378
Fax: 020 7695 6378
Date: 05 November 2008



SUPPL

Dear Sir

J Sainsbury Announces: Blocklisting Six Monthly Return.

Please find enclosed copies of the above announcement made to the London Stock Exchange on 4th November 2008.

Yours sincerely

Hazel Jarvis
Deputy Secretary

Enc

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BLOCKLISTING SIX MONTHLY RETURN

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To: The FSA

Date: 4 November 2008

1. Name of *applicant*:

J Sainsbury plc

2. Name of scheme

Colleague Share Option Scheme

3. Period of return:

From 01/05/2008

To 31/10/2008

4. Balance under scheme from previous return:

2,721,905 ordinary shares of 28 4/7 pence each

5. The amount by which the block scheme has been increased, if the scheme has been increased since the date of the last return

0

6. Number of *securities* issued/allotted under scheme during period:

2,439

7. Balance under scheme not yet issued/allotted at end of period

2,719,466 ordinary shares of 28 4/7 pence each

8. Number and *class* of *securities* originally listed and the date of admission

6,000,000 ordinary shares listed 12/11/2003 nil balance

5,000,000 ordinary shares listed 15/11/2005 nil balance

5,000,000 ordinary shares listed 15/02/2007

2,000,000 ordinary shares listed 06/03/2008

9. Total number of *securities* in issue at the end of the period

1,748,576,357 ordinary shares of 28 4/7 pence each

Name of contact Philip Davies

Address of contact J Sainsbury plc

33 Holborn

London EC1N 2HT

Telephone number of contact 0207 695 6378

Signed by Philip Davies

Director/company secretary/suitably experienced employee/duly authorised officer,
for and on behalf of

Name of *applicant* J Sainsbury plc

To: The FSA

Date: 4 November 2008

1. Name of *applicant*:

J Sainsbury plc

2. Name of scheme

Executive Share Option Scheme

3. Period of return:

From 01/05/2008

To 31/10/2008

4. Balance under scheme from previous return:

2,907,942

5. The amount by which the block scheme has been increased, if the scheme has been increased since the date of the last return

0

6. Number of *securities* issued/allotted under scheme during period:

0

7. Balance under scheme not yet issued/allotted at end of period

2,907,942 ordinary shares of 28 4/7 pence each

8. Number and *class* of *securities* originally listed and the date of admission

5,000,000 ordinary shares listed 15/11/2005 nil balance

5,000,000 ordinary shares listed 24/11/2006 nil balance

10,000,000 ordinary shares listed 15/02/2007

2,000,000 ordinary shares listed 06/03/2008

9. Total number of *securities* in issue at the end of the period

1,748,576,357 ordinary shares of 28 4/7 pence each

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Name of *applicant* ...J Sainsbury plc

To: The FSA

Date: 4 November 2008

1. Name of *applicant*:

J Sainsbury plc

2. Name of scheme

Save As You Earn

3. Period of return:

From 01/05/2008

To 31/10/2008

4. Balance under scheme from previous return:

4,827,994

5. The amount by which the block scheme has been increased, if the scheme has been increased since the date of the last return

0

6. Number of *securities* issued/allotted under scheme during period:

968,608

7. Balance under scheme not yet issued/allotted at end of period

3,859,386 ordinary shares of 28 4/7 pence each

8. Number and *class* of *securities* originally listed and the date of admission

2,500,000 ordinary shares listed 12/02/03 nil balance

2,000,000 ordinary shares listed 24/11/06 nil balance

8,000,000 ordinary shares listed 15/02/07 nil balance

4,000,000 ordinary shares listed 06/03/2008

9. Total number of *securities* in issue at the end of the period

1,748,576,357 ordinary shares of 28 4/7 pence each

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END

END